
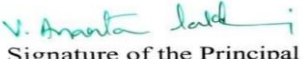


A.S.D. GOVT. DEGREE COLLEGE FOR WOMEN (A), KAKINADA
Alumni Association Committee

Date	19th April 2023
Conducted through (DRC/JKC/ELF/NCC/NSS/Dept etc.)	ASD College Alumni Association
Nature of Activity (Seminar/Workshop/Extn.Lecture etc.,)	Invited Talk By Dr. Anantha Lakshmi (Retd. Asst. Professor- Home Science, ASD College for Women (A), Kkd
Title of the Activity	INTERNATIONAL YEAR OF MILLETS 2023
Name of the Department/Committee	ASD College Alumni Association
No. of students participated	150
Brief Report on the activity	<ul style="list-style-type: none"> ➤ With growing concerns of life style diseases coupled with 'refined' diet culture, the modern consumers are slowly, but increasingly looking at the nutrient rich millets as a suitable alternative to wheat and rice. With the COVID - 19, momentum picked up and both the urban and rural consumers are choosing millets for improving their nutrition & strengthening their immunity. ➤ Millets are small-grained, annual, warm-weather cereals belonging to the grass family. Jowar (Sorghum), Bajra (Pearl Millet) and Ragi (Finger millet) are the important millets cultivated in India. Small Millets such as Proso (Cheena), Kodo (Kodra, Arikelu), Fox tail (Kangni/Korra), Barnyard (Varai, Sawa), Little millet (Kutki) are also grown in our country. ➤ To create domestic and global demand and to provide nutritional food to the people, Government of India had proposed to the United Nations for declaring 2023 as International Year of Millets (IYoM-2023).
Name of the Lecturers who Planned & conducted the activity	Alumni members
Signature of the Dept. In- Charge/Convener of the Committee	
Signature of the Principal	 Signature of the Principal PRINCIPAL A.S.D. GOVT. DEGREE COLLEGE (W) AUTONOMOUS KAKINADA
Remarks	



Dr. Anantha Lakshmi (Retd. Asst. Professor- Home Science, ASD College for Women (A), Kkd) delivering lecture on importance of Milletes and their nutritious values.



